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Home Garden Food Budget and Planting Schedule

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E. B. MORROW, EXTENSION HORTICULTURIST.
MARY E. THOMAS, NUTRITION SPECIALIST.

The Home Garden Food Budget and Planting Schedule has been prepared to meet the needs of extension agents and others interested in a home-grown supply of vegetables sufficient to meet the needs of the family. The number of servings recommended by the Home Demonstration Division was used as a basis for working out the necessary garden area of one-tenth acre per person. Based on prices received for vegetables on North Carolina curb markets, and using average yields, the possible value of garden produce from the one-tenth acre is $45—a per-acre value of $450. At ten cents a serving, the usual cafeteria price, the value per acre would be $1630.

NORTH CAROLINA
STATE COLLEGE OF AGRICULTURE AND ENGINEERING
AND
U. S. DEPARTMENT OF AGRICULTURE, COOPERATING
N. C. AGRICULTURAL EXTENSION SERVICE
I. O. SCHAUB, DIRECTOR
STATE COLLEGE STATION
RALEIGH

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NORTH CAROLINA HOME GARDEN FOOD BUDGET

Minimum Number of Servings per Month per Person

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total
POTATO GROUP:													
Irish	16	16	16	10	12	30	30	20	10	12	12	16	200
Sweet	20	20	20	6				10	20	20	20	14	150
Total	36	36	36	16	12	30	30	30	30	32	32	30	350
TOMATO	12	12	12	12	12	8	24	30	30	20	16	12	200
LEAFY GROUP:													
Asparagus	2	2	4	8	2							2	20
Celery	4	4	4								4	4	20
Cabbage	12	12	8	4	8	20	8			8	10	10	100
Lettuce	6	6	6	8	12	6				8	4	4	60
Spinach	2	4	8	4	2					2	4	4	30
*Winter Greens	16	16	20	20	12				16	20	20	20	160
*Summer Greens						8	12	12	8				
Total	42	44	50	44	36	34	20	12	24	38	42	44	430
OTHERS:													
Beet	2	2	2	2	8	8	4	4	2	8	4	4	50
Carrot	2	2	2	2	8	8	4	4	4	4	6	4	50
Onion	4	4	8	8	8	4	4	2	2	4	6	6	60
Radish			4	12	6					4	4		30
Turnip	4	4	2		4					8	10	8	40
Parsnip or Salsify	4	4	2	2							4	4	20
Snap Beans	4	4	4	4		16	20	20	12	12		4	100
Garden Peas	2	4	4	4	12	8				4		2	40
Lima Beans	2	2	2	4			8	12	10	8		2	50
Sweet Corn	4	4	4	4		4	12	12	10	4		2	60
Okra	2	2	2				8	10	8	8			40
Cucumber	2	2	2	2	2	6	4	2	2	2	2	2	30
Summer Squash						10	10	10					30
Dried beans and peas	10	10	10								10	10	50
Total	42	44	48	44	48	64	74	76	50	66	46	48	650
Grand Totals	132	136	146	118	108	136	148	148	134	156	136	134	1630

*Winter greens includes Collards, Turnip Tops, Kale, Mustard, Rape, etc. At least two kinds should be grown. New Zealand Spinach and Swiss Chard are the two principal summer greens. Grow at least one of these.

The above servings include canned, stored and fresh vegetables. For information on canning, see Canning Budget issued by Home Demonstration Division.

HOME GARDEN PLANTING SCHEDULE

Plantings necessary to supply the number of servings per person listed in Garden ood Budget. Multiply row lengths listed by number in family to get total feet of row r each vegetable. (See last Column).

	Annual Number Servings per Person	Total Number Pounds or Other Units Required	Feet of Row per Person	Row Width	Feet of Row for Family
OTATO GROUP:					
Irish	200	100 lbs.	100	3½′	
Sweet	150	75 lbs.	100	3½′	
Totals	350				
OMATO	200	50 lbs.	75	3½′	
EAFY GROUP:					
Asparagus	20	5 lbs.	15	6′	
Celery	20	7 stalks	5	3′	
Cabbage	100	50 lbs.	50	3′	
Lettuce	60	15 heads	25	2′	
Spinach	30	15 lbs.	75	2′	
Winter Greens	160	80 lbs.	320	2′ and 3′	
Summer Greens	40	20 lbs.	40	2′	
Totals	430		530		
THERS:					
Beet	50	12½ bunches	25	2′	
Carrot	50	12½ bunches	25	2′	
Onion	60	15 lbs.	20	2′	
Radish	30	7½ bunches	15	2′	
Turnip	40	10 bunches	20	2′	
Parsnip or Salsify	20	10 bunches	20	2′	
Snap Beans	100	25 lbs.	100	2½′	
Garden Peas	40	8 lbs. (shelled)	80	2½′	
Lima Beans	50	10 lbs. (shelled)	100	3½′	
Sweet Corn	60	60 ears	120	3½′	
Okra	40	10 lbs.	5	3½′	
Cucumber	30	6 lbs.	10	6′	
Summer Squash	30	7½ lbs.	10	6′	
Dried Beans and Peas	50	10 lbs.	100	3′	
Totals	650		650		
Grand Totals	1630		1455		

NOTE—For more complete information on garden crops see Extension Circular No 122—The Farm and Home Garden Manual.

CANNING BUDGET

Food and health authorities recommend the use of two vegetables in addition to potatoes or dried beans each day. In order that the diet contain a variety of vegetables, it is desirable that some of the surplus from the home garden be canned. The Planting Schedule on page 3 provides for the growing of a sufficient amount for storing and for canning.

Suggested Canned Vegetable Budget for One Person

(Multiply the amount listed in the last column by the number in the family and you have your own Family Budget.)

Canned Foods	Number of Servings per year	Number of Servings in one pint	Number of pints for one person	Number of pints for family of—
Tomatoes	80	4	20	
Asparagus	8	4	2	
Spinach	8	4	2	
Kraut	8	4	2	
Beets	12	4	3	
Carrots	12	4	3	
String Beans	28	4	7	
English Peas	20	4	5	
Lima Beans	12	4	3	
Corn	20	4	5	
Okra	8	4	2	
Soup Mixture	12	4	3	
Total number of pints			57	

For methods of canning see Extension Circular No. 114, Canning Fruits and Vegetables

To get the greatest food value from vegetables avoid the all too common method of cooking them in a large quantity of water and then pouring the water into the sink. This means considerable loss of minerals and vitamins. If vegetables are boiled use only as much water as is actually needed and save that which is not served with the vegetables for soups, sauces, and gravies. The same holds true of the liquid in canned vegetables. If the contents of a can are exposed to the fresh air for an hour or more before preparing the dish for serving, the strong odor such as is sometimes noticeable in string beans and peas will disappear.